



## Western Australian Certificate of Education Examination, 2015

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# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Athletics

### Time allowed

Warm-up: 30 minutes  
Skills and Drills: 75 minutes

### Materials required

*To be provided at the venue*

Non-personal equipment required for Athletics

*To be provided by the candidate*

No special equipment required

## Structure of the examination

The WACE Physical Education Studies examination consists of a written component worth 70 per cent of the total examination score and a practical (performance) component worth 30 per cent of the total examination score.

## Structure of this practical (performance) examination

Sections and criteria	Marks available	Percentage of total exam
Individual skills <ul style="list-style-type: none"><li>• Skill 1</li><li>• Skill 2</li><li>• Skill 3</li></ul>	18 18 18	15
Conditioned performance <ul style="list-style-type: none"><li>• 1</li><li>• 2</li><li>• 3</li></ul>	20 20 20	15
	<b>Total</b>	30

## Instructions to candidates

1. You are required to wear clothing and personal playing and safety equipment that is approved for competition by the sport's governing body.
2. Clothing must not identify you, your school, club or achievements, and it is requested that you wear black, navy or white shirts for the examination.
3. You are required to report to a supervisor to register for the practical examination 40 minutes before your scheduled examination time.
4. Once your attendance has been recorded you will be given a coloured, numbered bib to wear for the examination and directed to a supervised warm up area.
5. Just prior to the scheduled examination time you will be escorted from the warm up area to the examination area.

SECTION ONE – Skills Performance

1. Skills set

Skill 1 Run	Skill 2 Jump	Skill 3 Throw
200m	Long jump	Discus

**Drill #1: 200m**

Diagram 1

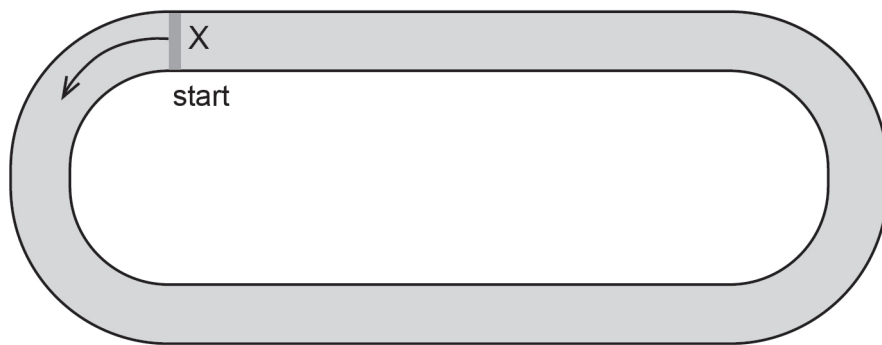
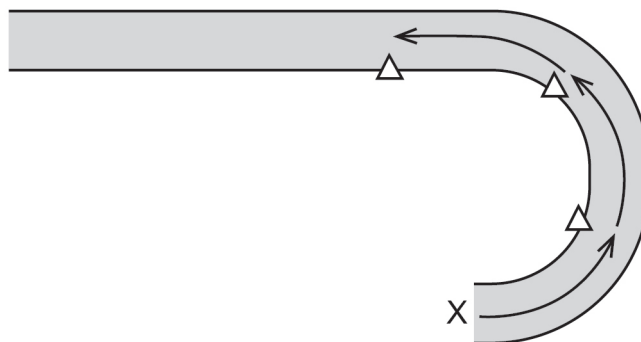


Diagram 2



**Key:**

X	= athlete
△	= marker
→	= athlete movement

**Drill description:**

*Part 1 (diagram 1): start*

1. Athletes set up starting blocks for commencement of 200 m race
2. On commands from the examiner each athlete performs a series of starts and accelerates for 20 m

*Part 2 (diagram 2): run technique*

3. Athlete performs a start to 40 m to demonstrate running technique

**See next page**

**Drill #2:** Long jump

Diagram 1

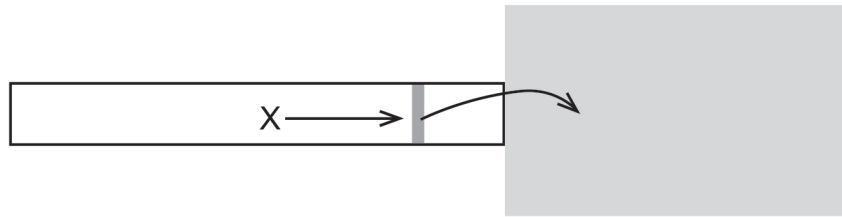
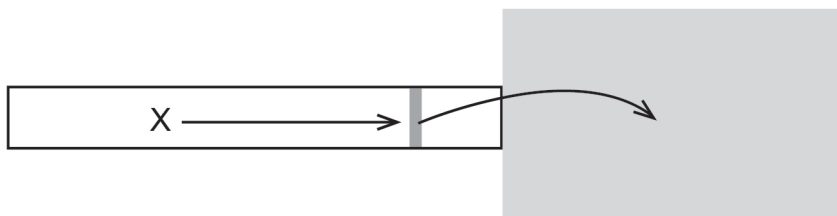


Diagram 2



**Key:** X = athlete  
→ = athlete movement

**Drill description:***Part 1 (diagram 1): 5 stride pop-up drill*

1. Each candidate to measure and mark an appropriate 5 stride run up
2. On commands from the examiner, each candidate to perform a 5 stride run up and take off into the landing pit

*Part 2 (diagram 2): half run up drill*

1. Each candidate to measure and mark half of a regular run up
2. Candidates perform a long jump from these markers and demonstrate appropriate take-off, flight and landing.

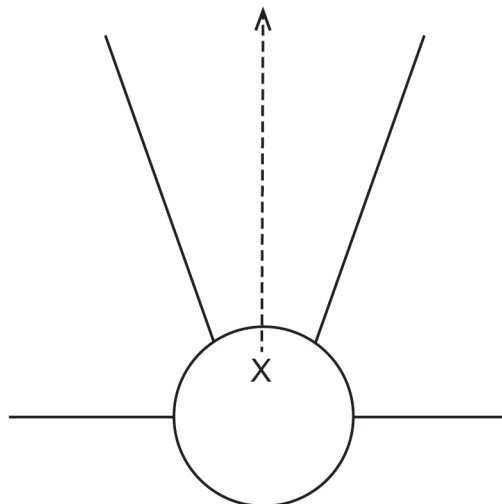
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**Drill #3:** Discus

Diagram 1



Diagram 2



**Key:** X = athlete  
-----> = implement movement

**Drill description:**

*Part 1 (diagram 1): grip*

1. Athletes work in pairs 10m apart
2. Demonstrating correct grip and release, each athlete rolls the discus to their partner

*Part 2 (diagram 2): stance*

1. Each athlete stands at the top of the throwing circle
2. Throwing technique is demonstrated from a standing throw

*Part 3 (diagram 2): technique*

1. Each athlete utilises the throwing circle to demonstrate throwing technique
2. Assessment is made on the accuracy of the throw rather than distance

## SECTION TWO – Conditioned Performance

(20 marks)

<b>SCENARIO PLANNING</b>	
DEFINE PLAYING AREA OR BOUNDARIES	200m track; long jump pit; discus circle
SPECIFY NUMBER OF PLAYERS	N/A
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Athletes are to attempt optimal performance in each of the events
SPECIFY ROLES OR GOALS OF PLAYER(S)	Each athlete will receive up to 3 attempts to achieve a best time in the 200m and maximum distance in the long jump and discus throw.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	N/A

Points will be allocated for the best performance based on IAAF Scoring Tables.

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